

In the Claims:

1. Cancelled

2. (Currently amended) A beam ~~An element~~ as claimed in claim 4 wherein the appendix is secured to the ends of the beam by riveting.

3. (Currently amended) A beam ~~An element~~ as claimed in claim 4 wherein the appendix is formed in one piece with the beam.

4. (Currently amended) An inverted T-beam comprising:

two ends and a central web;

at least one of said beam's ~~its~~ ends having an appendix formed from two portions of a different height, a first inner portion extending into a second outer portion, said outer portion having ~~the a~~ lesser height and being bent to a V-shape comprising two parts forming ~~the~~ the two legs of said V-shape, a first part of said two parts being coplanar with the first portion and ~~the a~~ second free part of said two parts having a free end and comprising a tooth having a free end obtained by cutting out and plastically deforming a part of the second part, the free end of the tooth substantially facing the end of the first portion, the free end of the second part projecting beyond the free end of the tooth, and

~~at least one aperture in the central web having a height substantially corresponding to the height of said outer portion of the appendix such that said aperture is suitable for the insertion and for the stable retention of the outer portion of the appendix of another inverted T-beam having an identical appendix by the tooth and the edge of the inner portion of said other inverted T-beam.~~

5. (New) An inverted T-beam comprising
a central web having two ends,
an appendix extending from one of said ends, said appendix
comprising

a first portion and a second portion, together forming a V-
shape,

a tooth extending from said second portion, said tooth
extending away from said first portion.

6. (New) The beam of claim 5, further comprising
an aperture in the central web having a height
corresponding to the height of the second portion.

7. (New) The beam of claim 5, wherein the first portion
has a first section and a second section,

the first section having a greater height than the second
section, the first section attached to the central web.

8. (New) The beam of claim 7, wherein the first section is
attached to the central web by rivets.

9. (New) The beam of claim 5, wherein the tooth is struck
from the second portion.

11. (New) The beam of claim 4, wherein the legs of the V-
shape have the height where the legs are connected.

10. (New) The beam of claim 5, wherein the V-shape has the
first and second portions joined at a bend, the height of the first
and second portions being equal to one another at the bend.